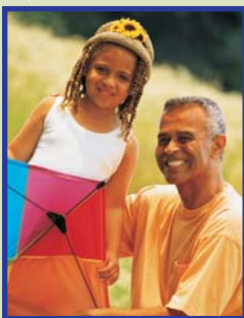


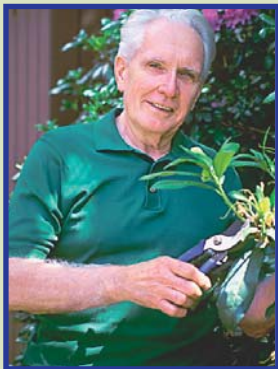
## What is West Nile virus and where does it come from?

**W**est Nile virus is an illness that is spread by mosquitoes. The first case of West Nile virus in the U.S. was confirmed in 1999. Until then it was commonly found in Asia, Africa and the Middle East.



## Who is at risk of getting West Nile virus?

If you are bitten by an infected mosquito, your risk of getting sick is very low. People who are infected with West Nile virus usually have no symptoms. Those who do get sick may have a mild fever, rash, body aches and headaches. People over 50 years of age, and those with compromised immune systems, are at the highest risk of developing serious illnesses such as encephalitis (swelling of the brain) or meningitis (swelling of the brain and spinal cord). If you have been bitten by a mosquito and experience these symptoms, contact your doctor.



## How is West Nile virus spread?

Mosquitoes become infected with the virus after biting an infected bird. When infected mosquitoes bite people, they can give the virus to us. People infected with West Nile virus are not contagious, and cannot transmit the virus to other people. Some cases of West Nile virus transmission during organ transplants and blood transfusions have been reported. However, the blood supply is now thoroughly screened for the virus.

## How can I protect myself and my neighbors from West Nile virus?

**W**hen outdoors, especially at dawn and dusk, wear long pants and long-sleeved, light-colored shirts. This allows you to see mosquitoes before they bite you. Use insect repellents containing DEET, Picaridin and oil of lemon eucalyptus to repel mosquitoes. Follow product label instructions carefully. If you have questions about repellents ask your doctor. When indoors be sure door and window screens are tight-fitting and in good repair.

### STOP MOSQUITOES

**FROM BREEDING BY REMOVING SOURCES OF STANDING WATER FROM YOUR PROPERTY SUCH AS:**

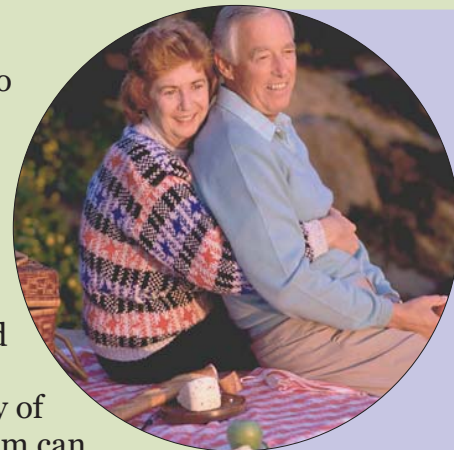
- Neglected pools
- Play equipment
- Plant saucers
- Decorative ponds
- Spare tires
- Birdbaths
- Boats
- Clogged rain gutters



Stock ornamental ponds with mosquito fish. These handy fish are provided free of charge through the Department of Environmental Health. Call (888) 551-INFO or visit our website for fish distribution locations.

Vector Control tests dead birds to monitor the spread of West Nile virus. Please report dead birds by calling (888) 551-INFO (4636).

By following these simple steps you can help protect yourself and your neighbors from West Nile virus. With your help the County of San Diego Vector Control Program can monitor and minimize mosquitoes and the diseases they spread.





County of San Diego



[www.SDFightTheBite.com](http://www.SDFightTheBite.com)

# West Nile Virus

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## FOR MORE INFORMATION:

To learn more about  
West Nile virus log onto

**[www.SDFightTheBite.com](http://www.SDFightTheBite.com)**

To report dead birds or mosquito breeding areas,  
please call the County of San Diego Department of  
Environmental Health, Vector Control Program.

**1-888-551-INFO (4636)**

*County of San Diego*



*Vector Control Program*

9325 Hazard Way • San Diego, CA 92123 • (858) 694-2888



*Prevent  
Protect &  
Report*